

Name: _____



Requirements					Passed	
1. Demonstrate the correct methods of walking and running, and of starting a race.						
2. Demonstrate "Scouts Pace" (50 paces walk/50 paces run) over a distance of 1 km without stopping.						
3. Show a basic knowledge of the rules for the following: Sprint race, Middle distance and long distance, Relay races, Hurdles, Discus event or Shot-put.						
4. Discuss correct diet and methods of training for athletes.						
5. Represent your club, Troop, or school at an athletic meeting.						
6. Gain the indicated times or distances in five of the following groups of tests according to your age. At least one must be at the "Merit" level.						
AGE:	11		12		13	
Group 1:	Male	Female	Male	Female	Male	Female
100 metre sprint Merit	15,25 sec	16,16 sec	15,02 sec	15,96 sec	14,42 sec	15,35 sec
100 metre sprint Standard	16,56 sec	17,55 sec	16,10 sec	17,10 sec	15,66 sec	16,67 sec
Group 2:	Male	Female	Male	Female	Male	Female
150 metre sprint Merit	23,02 sec	24,12 sec	22,33 sec	23,70 sec	21,73 sec	23,10 sec
150 metre sprint Standard	25,10 sec	26,49 sec	24,25 sec	25,74 sec	23,60 sec	25,08 sec
Group 3:	Male	Female	Male	Female	Male	Female
800 metres Merit	2m 46,60 sec	2m 57,10 sec	2m 41,90 sec	2m 52,47 sec	2m 36,20 sec	2m 47,63 sec
800 metres Standard	2m 52,60 sec	3m 11,02 sec	2m 47,75 sec	3m 6,37 sec	2m 43,20 sec	3m 03,03 sec
1200 metres Merit	4m 26,56 sec	4m 43,20 sec	4m 19,05 sec	4m 35,96 sec	4m 12,05 sec	4m 28,93 sec
1200 metres Standard	4m 49,48 sec	5m 07,55 sec	4m 41,32 sec	4m 59,67 sec	4m 33,71 sec	4m 52,04 sec
Group 4:	Male	Female	Male	Female	Male	Female
Running high jump Merit	1,09 m	1,03 m	1,18 m	1,09 m	1.26 m	1,15 m
Running high jump Standard	0,93 m	0,87 m	1,01 m	0,93 m	1,08 m	0,98 m
Standing long jump Merit	3,70 m	3.03 m	3,96 m	3,25 m	4,27 m	3,50 m
Standing long jump Standard	3,17 m	2.60 m	3,40 m	2,79 m	3,66 m	3,00 m
Group 5:	Male	Female	Male	Female	Male	Female
Shot-put Merit	9,8m [2kg]	6,64m [2kg]	9,00m [3kg]	7,02m [3kg]	9,89m [3kg]	7,90m [3kg]
Shot-put Standard	7,47m [2kg]	5.06m [2kg]	6,85m [3kg]	5,35m [3kg]	7,54m [3kg]	6,02m [3kg]
Discus Merit	25,70m [5kg]	18,10m [5kg]	27,90m [5kg]	20,30m [5kg]	27,98m [1kg]	22,50m [75kg]
Discus Standard	18,00m [5kg]	13,20m [5kg]	21,30m [75g]	15,50m [5kg]	21,31m [1kg]	17,20m [75kg]
Javelin Merit	30,80m [500g]	20,50m [500g]	33,40m [500g]	23,10m [500g]	34,20m [500g]	25,80m [500g]
Javelin Standard	23,30m [500g]	15.70m [500g]	25.40m [500g]	17,60m [500g]	26,00m [500g]	19,60m [500g]
Group 6:	Male	Female	Male	Female	Male	Female
Hurdles (68 cm)	13,55 sec	14,71 sec	14,00 sec	14,76 sec	14,53 sec	14,41 sec
Hurdles (68 cm) Std	14,71 sec	15,98 sec	15,20 sec	16,03 sec	15,77 sec	15,65 sec
Group 7:	Male	Female	Male	Female	Male	Female
Road walk (1,5 km) Merit	9 min 30 sec	10 min 03 sec	9 min 13 sec	9 min 48 sec	8 min 58sec	9 min 33 sec
Road walk (1,5 km) Standard	10 min 20 sec	10 min 55 sec	10 min 10 sec	10 min 38sec	9 min 45sec	10 min 22sec
Group 8: Male & Female 11, 12 or 13 years of age						
Cross country run (3 km) Standard points only. No time set. Candidate not to stop running. NB The cross country must take place over open country and not along streets.						

03/05
08/20v1

Badge Awarded

